

## What is Domestic Violence?

Domestic violence can be defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner.

Abuse is physical, sexual, emotional, economic or psychological actions or threats of actions that influence another person. This includes any behaviors that frighten, intimidate, terrorize, manipulate, hurt, humiliate, blame, injure or wound someone.



Domestic violence can happen to anyone of any race, age, sexual orientation, religion or gender. It can happen to couples who are married, living together or who are dating. Domestic violence affects people of all socioeconomic backgrounds and education levels.

### St. Jude House Family Violence Prevention Center & Shelter

St. Jude House serves over half of the adults and children in emergency shelters in Lake County, IN.

Source: Indiana Coalition Against Domestic Violence  
Program Statistics, 2012-2013

Nearly one in four women in the United States reports experiencing violence by a current or former spouse or boyfriend at some point in her life.

Source: Centers for Disease Control  
and Prevention, 2008

### Our Mission

*Celebrate Life and Serve with Joy.*

### Our Values

Respect

*Reflect God in all we do.*

Dedication

*Passionately carry forward  
this ministry entrusted to us.*

Stewardship

*Responsibly use the gift  
of our resources.*

Joy

*Give from our hearts.*



## Group Services

*for Victims of  
Domestic Violence  
and Sexual Assault*



## St. Jude House

Family Violence Prevention Center & Shelter

12490 Marshall St., Crown Point, IN 46307

(219) 662-7066 • Fax (219) 662-7041

Crisis Line (800) 254-1286

[www.stjudehouse.org](http://www.stjudehouse.org)



St. Jude House belongs to the family of Franciscan Communities  
and is sponsored by the Franciscan Sisters of Chicago.



## St. Jude House

Family Violence Prevention Center & Shelter

## Who We Are

St. Jude House is a family violence prevention center and shelter that has provided comprehensive services to survivors of domestic violence and sexual assault since 1995. In the spirit of St. Francis of Assisi and Mother Theresa Dudzik, we offer hope and promise to survivors and their families.

## Our Services

St. Jude House provides services to clients without regard to race, color, religion, gender, national origin, age, disability, or other status applicable by law. Our physical facility is accessible to differently-abled clients. Our shelter services are available 24 hours a day, 365 days a year.

## Support Groups

Pre-screening is required to attend our support groups. To inquire about joining them, please call our 24-hour crisis line and request to speak with an advocate.

Most group sessions are 90 minutes long. Child care is available during most support groups.

**24-Hour Crisis Line: (800) 254-1286**



## HOPE

### Hearts Opening to a Peaceful Empowerment

A support group for survivors of domestic violence. HOPE will address issues surrounding relationships (healthy and unhealthy), self-esteem, safety, empowerment, early warning signs of an abusive relationship, stress management, and new coping skills.

## REACH

### Realizing Effects of Abuse Can Heal

A support group to help victims understand the definition of abuse. REACH is designed to heighten awareness about domestic violence. Topics include: cycle of violence, verbal and emotional abuse, power and control, and the reasons some victims return to an abusive relationship.

## PASSAGES

A support group that focuses on the dynamics of domestic violence and the trauma suffered by victims. Topics include: flashbacks and triggers, generational abuse, grief, self-defeating behaviors, codependency, and anger management.

## SAFE

### Surviving Assault and Feeling Emotions

A support group for adult survivors of rape and sexual assault. SAFE is designed to help survivors process the emotions they are experiencing due to the trauma and focus on the healing process so they can successfully move forward with their lives.



## STEP

### Starting Towards Empowering Pathways

A support group that examines the contributing factors of homelessness. STEP is designed to help individuals learn Maslow's theory of basic needs and issues that interfere with stability, which include generational homelessness, a lack of resources, how to maintain a residence, and self care. Group participants will learn to identify and build on their personal strengths to help become self-sufficient.



## RELAXATION

A support group specifically designed to relieve stress through heightened awareness of your body's responses to trauma. Group participants will learn basic breathing techniques and self care ideas to manage their daily stress.

